

Supporting Your Child with ADHD: Practical Tools & Family Strategies

Part 2 of our ADHD Series

Presenter: Sarah A. Armaghan, M.A., LAC

Sarah is a licensed associate counselor at Impact Health Counseling in Denville, NJ. She specializes in working with children, teens, and adults managing ADHD, anxiety, depression, and trauma. With a holistic, mind-body approach, Sarah helps clients and families understand the ADHD brain and develop practical strategies for regulation, confidence, and connection. She is especially passionate about supporting teens with ADHD and empowering parents to create environments where their children can thrive.

Sarah will present a two-part workshop to BT SEPAG on understanding and supporting children with ADHD. In Part 1 of the series, Sarah provided a deep understanding of ADHD. It was a great event, and we hope you will join us for Part 2. The goal is to provide hands-on tools and routines that reduce chaos, strengthen connection, and help children thrive.

Through an interactive workshop, we will review:

- Setting up the environment for success
- Behavior through the lens of regulation
- Building executive function skills
- Partnering with schools
- The role of therapy with ADHD
- Nurturing self-esteem and strengths

**January 12th
7pm
RVS Library
11 Valley Road
Boonton Twp**

Email Parent Representatives at
sepag.bt@gmail.com with any questions.